

| ACTIVITY  | Preparation for secondary school.  | Developing Self Confidence and Wellbeing  | Subject Knowledge   | Staying Active  | Getting to Know Us<br>(Use our website:<br><a href="http://www.astreadearne.org">www.astreadearne.org</a> ) |
|-----------|--|---|---|---|---|
| MONDAY    | On your daily walk today, walk from your home to school and back, or look up what bus you will need to catch and the time. | What are three things you are confident about with yourself and your learning?                  | <b>English:</b> Write a short descriptive story about how you imagine your first day at Astrea Dearne to be.  | <b>Mini work out:</b><br>25 sit ups<br>25 star jumps<br>1-minute jogging<br>25 press ups<br>25 squats                     | Who is the Principal?<br>Who are the three Vice Principals?   |
| TUESDAY   | Ask a family member about how they felt when they transitioned to secondary school. Even better if they are here already!  | What are two things you would like improve about yourself or your learning when you join us?    | <b>Maths:</b> Recall the times tables for 3,6 and 9.<br>Draw 4 pizzas cut into 8 slices, then shade the number of slices that represent the following fractions $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{3}{8}$ , $\frac{5}{8}$ | <b>Mini work out:</b><br>25 burpees<br>25 jumping jacks<br>1-minute skipping<br>25 Bicycle crunches<br>25 high knees      | Who are the 5 heads of year?  |
| WEDNESDAY | What should you do if you are not going to be in school? Who should you contact at school? What is the telephone number?   | Which subjects are you excited to study when you join us?                                       | <b>Science:</b> Research about animal and plant cells. What do they look like? What's inside them? What do the different parts do? How are they similar/different?  | <b>Mini work out:</b><br>25 Squat jumps<br>25 lunges<br>1-minute plank<br>25 high knees<br>25 sit ups                     | What are the names of the 5 houses and who is the head of each house?                                       |
| THURSDAY  | What is the school's expectation for attendance as a percentage?   | What are three hobbies or interests you have that you could discuss with a new friend?          | <b>MFL:</b> If you have access download the duo lingo app. Start learning French or Spanish.  | <b>Mini work out:</b><br>25 press ups<br>25 high kicks<br>1-min mountain climbers<br>25 Bicycle crunches<br>25 high knees | What is the school's address and telephone number?  |
| FRIDAY    | Write down your morning routine for when you join Astrea Dearne. For example: set my alarm for 7.15am                      | What three qualities would make you a great new friend to have to someone from another primary? | <b>Drama:</b> Practise, by using a mirror, different facial expressions/emotions such as: happy, sad, frightened, confused, embarrassed, confident  | <b>Mini work out:</b><br>25 bunny hops<br>25 star jumps<br>1-minute climb<br>25 sit ups<br>2 minutes jogging              | Who are our safeguarding leads in school should you have a problem?   |



# Astrea Academy Dearne – 5 A Day Transition Activities – Week 1



Name: \_\_\_\_\_ Week Commencing: \_\_\_\_\_ Primary School: \_\_\_\_\_

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|-----------|-----------------------------------|--|-------------------|----------------|--------------------|
| MONDAY    |                                   |  |                   |                |                    |
| TUESDAY   |                                   |  |                   |                |                    |
| WEDNESDAY |                                   |  |                   |                |                    |
| THURSDAY  |                                   |  |                   |                |                    |
| FRIDAY    |                                   |  |                   |                |                    |

